



RETURNING

with Rebecca Campbell

A PODCAST TO RETURN  
TO THE WISDOM WITHIN

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## THE FUTURE ANCESTOR WITH ANNABELLE SHARMAN

### *Episode 13 Transcript*

**Rebecca** Hey, it's Rebecca, and welcome to Returning, a podcast to return to yourself and to the wisdom within. I'm so glad you're here with me. Thank you for returning.

Today I am really happy to introduce you to my friend Annabelle Sharman. Annabelle is a Aboriginal woman doing deep, profound and really important work to bring healing to country and community. Annabelle is a dear friend and a peer and in this episode we are going to be go deep exploring land consciousness and how we can learn to see the sacred that really is all around us right in front of our eyes. We'll be diving into the topic of ancestral healing and looking at how we can be a positive future ancestor for those yet to come. I want to tell you a little bit about Annabelle.

She is a proud Mutti Mutti woman who honors her ancestral cultural heritage through her work as a multi-disciplinary artist and healer. She is a certified social worker, Reiki master and holistic counselor, and today her work is located at the intersections of art, culture, community, health and wellbeing. At the core of Annabelle's methodology is the Yuma spirit cloth healing process. Yuma is a Mutti Mutti language word, meaning Be, and at the end of this episode you're also going to be finding the soul inquiry for you to deepen into feeling into what type of future ancestor you are being called to be. I think you'll find this episode really deep and moving and inspiring and woven with beautiful, deep, lovely wisdom.

I know how precious your time is, so let's jump right into opening sacred space together. Taking a deep breath and in the center of your heart, imagine a beautiful flower. Breathing in here for a moment together, inviting the flower to open petal by petal, revealing a light in the middle. This light is your wise intuitive self, your sacred self, your soul. Inviting this part of you to step forward now to be here now returning to this wise part of you. Taking a deep breath in and really inviting it to be fully here now, and together taking a moment to acknowledge the keepers and custodians of the land where you are, where I am, both known and unknown.

Beautiful. Let's begin.

So I first became aware of Annabelle when I actually saw on Instagram these beautiful creations, this spirit cloths that she was creating with nature in the bush in Australia. And I ordered one for myself and one for my mum for Mother's Day. And then I started following Annabelle's work and it was, I think in the beginning of COVID and, you know, borders in Australia was shut and I just become a mum and I had quite a few things come up for me around connection with land and home and what that even means. And I began working with Annabelle. We did a couple of sessions together, which was amazing, exploring story and land connection and ancestral connection. And then I think about a year, our paths were woven together some more when she was awarded a placement in the Diverse Wisdom program and then, you know, it was no surprise. Annabelle is such a poetic writer. And so she went on to actually win the Diverse Wisdom Prize, which meant a publishing deal. And now her beautiful book is out in the world, which is amazing. And then I had the absolute pleasure of writing the foreword as well, which I was very humbled by and so I just thought I'd read a paragraph of that now before we jump into the conversation. So *"Annabelle Sharman has courageously stepped forth to be a voice of wisdom and healing in these severed times, with her poetic words of wisdom and charming Aussie humor, Annabelle brings us from laughter to tears, from peace to justified sacred rage in a matter of minutes. She goes deep, she keeps it real, and she offers hope and a way forward for humanity."*

Welcome, Annabelle.

**Annabelle** Hello. Thank you, Rebecca. That was lovely. Oh, it was a lovely intro and thank you for sharing this connection with me and this special time together.

**Rebecca** Yeah, I definitely feel like we've been woven together. Who knows why and how, but, yeah, I've felt that from the beginning.

**Annabelle** Yeah, me too. Me too. And I feel, like, even stronger, you know? Yeah, It's sometimes it's the unexplainable, but, you know, it's all for the higher good in some way. And, you know, just weaving our magic and, you know, moving through the world it's pretty special.

**Rebecca** So special. Love it. Well, I'm looking forward to jumping in to the conversation today. And I've been preparing questions. And the first one just seemed like I had to go there first, which is I know it's such a key theme in your work and in your book and your spirit cloths as well. And that's the concept of Yuma, which really feels woven through your work. Can you talk a little bit about Yuma for anyone who hasn't heard of it before?

**Annabelle** Yeah, this is this is an interesting question. And I sometimes forget that, you know, because I embody that and I move through the world, just being Yuma. I forget that other

people...I need to find a way to share that, so other people can experience that. So I had a great conversation today with some young people, and they were also asking me the same thing and the way that I can. Yuma is a way that my grandmother's spirit, Emily, revealed this word to me, Y U M A and I didn't know what that word meant. It's a language word, so it's a muddy, muddy language word. So it's a tribal word for me. Now, I don't practice my language, but what I discovered was the word just means being. And for me, in that time many years ago, that was a big healing. That was a big healing moment for me, just for my own healing. And I was able to move that healing through my healing practice. And so to be, simply to be. Spirit And Mother Earth, I feel is when that can be in balance. And we can live in ones so, it's all about the outcome is oneness. And for me as an Aboriginal person of Australia oneness is very important and it's about reclaiming and regenerating and returning to that. But of course in the style of Mother Earth and the state of the world sometimes and in Australia finding a way and it was very guided by the spirit and ancestors for me. And sometimes it's unexplainable, but for me it is about when we can simply be living from spirit and from within to really find who we are as humans. But, spirit and for me as an Aboriginal person there is no separation.

**Rebecca** I think it's really interesting because I know we've had conversations about this with words as well, like the word mystic, mystical and spiritual and metaphysical and all of this kind of stuff. And I feel like I'm constantly in this like question of finding the words and then the words feel like... I think the words are necessary when there is the separation. So, for example, the way I grew up, I was taught prayer and sacred, but it was like this thing you went and did rather than this thing that you were innately. And so as I'm like really devoting my life to weaving that back in, it's like it just is. And I think since being a mum, it's actually become a lot easier because I don't have a choice to go off and do a retreat. I need to let do it in the in the moment. And I think that we're at an interesting age where a lot of people are becoming really interested in spirituality. But actually it's it's the most normal and ordinary thing there is. But then we've got these words that make it sounds special, which it is, but do you know what I'm saying?

**Annabelle** I do. And I've heard so often it's new age or it's this new big discovery. And it isn't because it is the original. It is the beginning. You know, for me as an Aboriginal as my culture and my ancestral knowledge and wisdom and lineage it is the beginning, it is from the beginning. And I think our human lives that we are returning to that, rediscovering that and reclaiming that, as a cultured person, for me to reclaim a lot of my ancestral knowledge and just to be that. So that word BE, you know, is it human is to bring all of those things in balance, self, spirit, Mother Earth. And when we can be that, we live in oneness and we become our own healers and the medicines. And for me, it's just like the spirit clause that a brewing in the pot, you know, the recipe for oneness. I mean, I don't know how else to explain it that's more mystical. And, you know.

**Rebecca** yeah, that word is like kind of is a bridge for us to to get our way back to. From what I can see, pretty much all indigenous traditions, it's land connection. Seeing land is sacred. And and I know for you the Murray River in particular is really sacred. Can you tell me about your connection to the land there? The water there, the river.

**Annabelle** Well, you know, I just I feel like as my ancestors and even generations that concept of oneness, we are Mother Earth. We are separate to Mother Earth, but we are Mother Earth and she owns us, you know, And so being and feeling and moving and being with the elements is just something that there's that balance. And so for me, particularly because the Murray River and the rivers that connect it, is just a very sacred thing. And I actually didn't really know how important it was to me until I began my spirit cloth practice. So the water is something for me having that daily practice of just being there and just it's like the water is as memory, you know, I feel that there's a special knowledge and wisdom and dreaming that moves through the water, that is so healing, you know. And we have to we have to care for the water for me, it's it is like it's a lot of source, right? Life force and love source. Yeah my parents lived on the riverbank, my grandparents and the generations before me and as did many Aboriginal people in my state of Victoria at least. So it is a part of that sustainability and also creating sustainability and moving through the seasons. We only take what we need and cared for the water ways, that it's sacred. I guess it's for me, that's my alter, the Murray River is my alter and that's like water is a part of me, you know, I feel at sync with that water flow. And yeah, it's a very, very special feeling. And hopefully, you know, one day you might see it.

**Rebecca** I know I was in Australia, gosh, during that difficult covid time when they finally allowed me to enter. And then Yeah, borders and all of that stopped us from having our in-person physical reunion and but it will happen hopefully next Christmas I'm hoping. I'm really looking forward to that and I hope I can share with you the land here in Glastonbury and the sacred wells here. It's really interesting. I've actually been working for the past year and a half on a new deck called The Healing Waters Oracle, which I think came through when I moved here to Glastonbury because there's two Sacred Springs and they're very protected and like revered here. And I think prior to that I always felt a deep connection with water and I noticed how my creativity flourished around water, so I had a sacred connection with water. But it wasn't so much about me drinking water, if that makes sense. Like it wasn't like water as in my body. Like there was still a bit of separation. Then when I moved here to Glastonbury, which when I look back on like this kind of this Scotland and Ireland and this particular area as well is the land of my ancestors. So I know we've spoken a lot about this personally, and so I wonder is that what has brought me here? So I've been doing a lot of ancestral healing since I've been here. It's just been a lot. But what moving here really taught me because a lot of people are literally walking to the well every day and that is their water supply, even though they have a tap and maybe they live in a house and not everyone does because a lot of people choose to live on the land here. But yeah, when I first had Sunny, we started a ritual. We would

walk to the well every day and it was such a simple thing that we would do. But I can feel really teary actually talking about it because it made me just like realize like what I've discovered, which again, is the most simple, ordinary thing in the world and extraordinary at the same time is that where there is water, there is life, where there is life, there is water.

And we know all of the stuff like Emoto's amazing findings around water holding memory and us being able to put our prayers and thoughts into water and then, oh my gosh, we are water beings. And when we're in our mother's womb, we're in water. Like water is like...is water the sacred? Like these big questions of the things that have come up, walking to the well and just, it really showed me just how disconnected we all are to these sacred elements that sustain us and are us. And I think looking back, growing up, I grew up in Australia, as you know. I think I definitely felt this deep yearning for the sacred and deep, and it caused me to kind of travel around the world and try searching and all of that. And I'm wondering, do we all, because of what has been severed, Like, do we all yearn for that? is it the connection to the sacred of the land, of the mother, of the waters, is that? What is this ache that everyone feels?

**Annabelle** Well, just as you were talking I was picturing For me I did write a piece of this in my book, it's about for me when I when I'm in the water. When I was young, I swam all the time. I was always in the water, and I had this recall of like, when I'm in the water, I feel ...it's almost like a sacred like it is my altar. So it is this sacred baptism of making, moving and being free. Like the water represents freedom for me as well and peace and healing. And I think for me being an orphan, like my parents died when I was very young. So the connection to the water, the water was our food source, Right? When I say that I lived on the riverbed and it was was connected to the land that provided and the waterways provided the food source. So it is like when I am with that water, I feel my ancestors and I feel generations of family. It is like the water is speaking to me.

And it is I think like the history of Australia, when there is that disconnection and colonization and people were moved from their ancestral homelands, tribal boundaries, then there is that disconnection, for me, particularly being from the mallee. So the mallee's bush, the bush area, but we have this magnificent waterway that runs through, but that waterway also connects for me a source that feeds the gum trees, you know, the eucalyptus gum trees and the red gums and all the plants, that I just imagine them all connected underground and down below. So it's just sometimes when I've had to think about it so much, I feel that it is some call, a very sacred altar for me, and my body craves it. And also the food from the water is what generations before me, how they were sustained and how they lived you know, just in that pure that pure oneness of living in the elements and the seasons and creating a sustainable environment with just what they had, you know, and just be, just being all of those things. Self, spirit, Mother Earth is really, human, it's oneness and water is transformative, like an expansion, is all of those things. And when my river in a in a flood, it will just clear and cleanse and go where it needs to. And I guess that's energy and self, right?

**Rebecca** So how was it for you during COVID lockdown periods where you weren't able to get there?

**Annabelle** No, well I'm from a really small, small community. So my daily ritual was... Luckily I was able to just drive the car to do a lap. So I went from home to the coffee shop and then down via the water. And then I was able to go, you know, along the water track, the river track, I guess, and then back home. There were times I wasn't able to stop, we were in complete lockdown. But just to see it. But also for me, times when I couldn't physically be there, it is just about going there, you know? Going there in those those special times when we were just feeling physically disconnected, but able to go there in spirit, you know? Yeah. So, I just feel like, it's in my dreaming, it's in my dreams in here.

**Rebecca** And with in your book, you tell some....you're such a great storyteller because, I'm thinking of a couple of stories that you say, and some of them are just so deeply moving. But then what I'm left with is like a little detail that makes me think of it. And it's not what the story's about, like the Tweety Bird. And then the story with your daughter and then she asks for the can of coke. Like I remember the Tweety Bird and Coke, you're a beautiful storyteller and you in your book, you share so many stories about your life, but particularly as a child. I'm curious. I'm always fascinated by who we are as children and do we come in with something that informs the rest of our life? So for someone who maybe doesn't know you or even someone who does, like what what quality or qualities do you think that you had as a child? Maybe it is a bit unique or whatever that has kind of informed who you are today?

**Annabelle** Yeah, it's really interesting because a lot of my childhood that I didn't.... I sort of forgot, you know, and I guess that happens when there's trauma. So I guess it wasn't until the really deep like when I chose healing at all at a later age that I started to remember it was like a remembering, but it was a remembering in a healing way. And then I started remembering. I remembered when I was a baby, I remembered I kind of thought that my whole life was, you know, sad and unhappy that no one loved me. And I discovered what that word 'orphan' means because I didn't know, in Aboriginal kinship there is no such thing as orphans, like you are cared for by your extended tribe like a tribal family. So that's that's what happened for me. And, I lived in this large extended family with with my cousins as well as my siblings. And we were just we were all one. And we were we... there was no separation. We were brothers and sisters and and so I kept getting these little glimpses of me as a baby because I was discovering photos and like wearing like, pink like my little pink outfits and my little pink dresses. And I always had pink on moving through the years. And I thought that was really....I didn't know that I've completely... I just didn't know that. And then later in life, like I had pink as my bridesmaids dresses and there's like the petunias and different things that I do. But it's kind of it has become really surprising. But I think for me like a that's a heart colour you know and for me it's about joy and happiness. So I think with all the challenges and the true traumatic experiences that I had as a young person and just not having a mom and dad. But it felt like

there was this... I'm just trying to capture the words. It's kind of like I had this spirit of joy like Pink represented something. And I don't often talk about colors, but it just something that's fascinated me even now after writing the book. But yeah, I always just knew as a young person that I felt that there was somebody carrying me, like there was... I do talk about in the book about, my mother's spirit carry me or be that I'm body my mother's spirit. And I feel to be so true because there's just little moments talking about why did that happen? Or I just felt so protected, I guess is a word . Yeah. And just had that drive that I was born in a time when, you know, in Australia the assimilation policies with Aboriginal people my, my whole community of Aboriginal people were moved from the Mission Reserve which is called Manatunga to the townships. So there was this transition state and I was born that year and so I was one of the first born. And I remember turning 30 and thinking, you know, in the cusp of all this darkness and despair that. There was a reason I was born, there was like a higher...I just felt that I was born at that time of change and transition for a higher purpose... For the life. Yeah.

**Rebecca** And do you think you always. Or did you always feel like there was always this call or protection or support or guiding force in your life.

**Annabelle** It wasn't until ...like I said, I just always felt that I could not you know remember so clearly. And it wasn't until I started heavily writing the book and recalling some memories and like the Tweety Bird all these things would pop up. But as a newborn baby, I remember being picked up by my aunt and uncle, and I wish I could... I can remember it and I can see it, and I was only a baby, And they had this little makeshift cots for me. And yeah it was like I was watching it from above. And I've always had this, always felt that I was always watching things from above, like an Eagles eye view, I guess, of seeing things from above in some way, and then I felt my mother's spirit I guess, I felt that she was within me, you know, and I do write about that as very powerful moment. I remember walking at school and I think I was in grade six at the time about to... I guess as my body was changing , I was becoming turning to another transition stage of becoming a young woman, I could remember the voice, you know, it was like, you have to be your own protector., it's just you. And I was almost like I was seeing through these really mature eyes and and it was like this shield of protection, and I just had this maturity and also had a sense of connecting people that I knew when I was in grade five or six, that I would be some kind of connector or like a counselor.

**Rebecca** Who knows what a Counsellor is at that age? Well, maybe lots of people these days.

**Annabelle** And I was like the one looking after people you know.

**Rebecca** Like the Mother hen.

**Annabelle** Yeah, and you know, for someone that didn't have a mother. But so it was kind of this piece...

**Rebecca** Maybe it was like your mother really was - it was you and your mother. Wow.

**Annabelle** You know then until, I guess my mid twenties or early twenties that I started my studies and my degree. And that's been my job since. So. But yeah, and it's just that conversational healing that can translate for people and people who I work with, it's a it's a very special space to be in, sacred space.

**Rebecca** I had another question which I was going to ask near the end, but I want to go there now because that's where our flow's going. So one of the things that I obviously I was kind of there for the period of the writing process. So I know some of these answers and I know what it's like to write a book. But what I really admired in the way that you wrote your book and it's clearly just an extension of who you are as well is how tenderly you hold the hope for oneness without bypassing any of the reality and the sacred rage and the trauma that has come from colonialism. How do you do that? And I know you've been on the front lines as a social worker for many, many, many years, and you've obviously navigated your own personal and ancestral trauma collective, all of that. Do you feel like you have come to be able to hold both at the same time?

**Annabelle** Yeah, it's I guess when I was in my early twenties, I experienced significant trauma within my family. My family experienced a significant trauma. And and I guess from that stage that's when I started studying to be a social worker and, you know, working in community. And I guess it was around that time I had these feelings of It can go either way. I was at the crossroads of my life where I was either... I could live or die. And when I self-destruct, I guess. And for me, I guess I chose to live and I chose life. I was a young mother, I had three young babies and I don't like conflict either, even though I feel like I'm this warrior woman, this like my grandmother, like embody my grandmother and my mother's spirit. And so, you know, with a strong, powerful warrior women. But I also feel to have this sense of peace and I have this sense of being a peaceful warrior, because I feel I've seen how, I've experienced and I've seen how acts of violence can really destroy people. And for me, being a young mama and experiencing what my family experience with my sister's death and when there's babies and young people involved, I remember having these sort of, okay, there's so many young people and children that need to be cared for. And I guess a part of that, was me being that little orphan girl as well. You know, that was a low point in the world or felt being alone in the world, we need to create safe spaces. And my whole career has been about providing safe, peaceful spaces for people to be well and to be cared for and to heal in some way. And you know, for me I just feel like I'm just that peaceful warrior woman that just does what she needs to. But in order to heal for me when I talk about Australia particularly, we have to talk about real stuff, we



have to keep it real. We can't ignore the truth we have to acknowledge, even for my own healing, becoming the master of our own healing, I had to acknowledge the bad stuff In order for me to heal. So when you think about the larger collective in the community and the country those are the things that I just felt that what we need to be able to do and for me to be able to sit in a circle and bring people together, to have those safe conversations. I was just asked at one of my recent gatherings how can we....because I talk about my dream is to heal Australia. And it isn't just about healing black Australia, but it is all Australian, black and white Australia, because if we can't do that together, we're just destroying each other.

**Rebecca** Right.

**Annabelle** And that's real peace and healing. And then a young person asked me just recently, how can we be a part of that? What do we need to do? And I said what you need to do is continue to be YUMA be all those things, be and set intentions and hear yourself. And as you heal yourself, you are also healing...I believe this is just my opinion, but I believe that there's an opportunity where we ...that we are healing, the past, generational destructive patterns of harm. And yeah, I just think the more that we heal as individuals and just be and heal and be a part of Mother Earth, then there's got to be something very special about that. I just feel that it transforms. I mean, sometimes it's unexplainable Rebecca, but you know, that word YUMA I just say, you know, just the YUMA opens and I realize in a way, in making this spirit of an unraveling and, and dreaming into this cloth because the spirit is taking you into your future, you know? But it's also a part of your healing. And what would you want that to be? it is also the past as well. So it is bringing in all of those special....it's like the messages of our ancestors, who our ancestors want us to be. How do they want us to be self, spirit, Mother Earth? because remember there's only one mother.

**Rebecca** Mhm.

**Annabelle** So it is like bringing that draining into and using that experience as a conduit for this remembering and this returning and these healing and what I say the dreaming, you know, like the spirit that represents your dreaming and your healing wise. So it is all of those things, there's no separation, it is all of those things and it is oneness. Sometimes I feel there is so many feelings of it that people come together and have that that experience something very... That immersion experience, something very special happens.

**Rebecca** And sometimes it's interesting, isn't it? Because I think I'm fascinated by the sacred and the in-between. And like I know you are as well. And I think that one thing I have discovered about that, like when you step into sacred space, is that it's actually ineffable. Like you can't actually find words to explain it and it can be felt and known, but words don't do it justice. And so but if you felt it, you know it. And you can sense that in the words. And I think

healing is kind of like that as well, isn't it? It's like. There is there is often so many layers to it. Like, you think I want to heal this, like something as big as you said, like healing Australia, like, whoa, that is huge. And it's just thread by thread, by thread by thread, right? .

**Annabelle** Yeah. And it is like, you know, for me that is a big dream. And I'll always say that because that's, I'll want to see this country healed in some way. I want to see my elders returning to the dream time and they know having healed spirits, and with them having healed intergenerational trauma, we're born with trauma. Like intergenerational trauma is existing today. So it's it is this this destructive pattern I just want to make sure that it's normal that we create a safe space. In healing something different for everybody, you know? And then, like you said, there are so many layers and for me at least talk about that. What we put into that part, you know, the pot of soup and like the pot what I brew, the spirits is like there's so many ingredients or layers. I have always used the pot as my metaphor, but it is what we put into it. And what we take out it has to be safe and healthy and not toxic and all of the things for survival. And it is like I want to be a future ancestor, we are all future ancestors and we all are.

**Rebecca** And so is it about becoming a positive future ancestor.

**Annabelle** No more harm, you know? And I guess every culture, every country if we all decide today, no more harm and whatever that means for all of us, but I really think that the world would be a better place. And Mother Earth would be like, I get emotional about it that way, but it's so true, And for me I practice that every day no more harm. Everything that I work with on the people that I connect with, and and I encourage that. That's the message. No more harm.

**Rebecca** I want to I want to ask you one more question before the final question. So the writing process, like writing your book, which I'm sure will be your first book of any. And I know you've you've been a coauthor on other books as well, but what was that writing process like for you?

**Annabelle** Oh, well it became ...when I won the the publishing deal and it became my life, but it also became what it was doing, It was showing me. Was actually leading me through my own healing journey, and that was such a powerful thing for me. So it was like the writing in the moon, you know, from full moon to full moon. And I was in this flow of writing and then rest, then writing, then rest. But what it was doing, was spirit it was also like leading and guiding and the ancestors were guiding these messages and just little glimpses of that I needed to be reminded of or there was a deep knowing sense of, okay, I was trying to write a different book, you know. And I think we had those conversations about, and obviously that I was really strongly guided back to the future ancestor in writing about who I am and the YUMA practicing the spirit plot because it wasn't going to be about any of that. So that was.

**Rebecca** Not then, you know, that a different plan. Well, they had the they had the plan all along That was clear.

**Annabelle** And I know that, you know what? There were some big decisions, you know, with parts of, me talking about my trauma story in the book that were there were big decisions. And I knew that at the start that stage, I kept getting glimpses of, say, the Tweety Bird. And once you read the book talking about or just glimpses of different the twisties or, you know, different things that the story wasn't, the story hasn't finished because what needed to happen was the truth. And I came to a really strong decision that with guidance and speaking to my elders as well, what I didn't want to be a part of another generation of silence. And so that was a really big decision for me to make. But it was also it also released me and killed me at the same time. And it was it was very profound. yeah. So and then I guess really recording the the audio was Oh, yeah. And hearing your voice back, hearing your voice, reading your story. Was so profound and I just could feel the power of the ancestors like voice coming through me. And it was just so healing. It was just for me. And out loud was the most significant healing moment that I've experienced. And it was... Yeah I've got emotional now but yeah. And I just wish that everyone could get a chance to do that because it is saying it out loud that that really looks like we're saying it out loud for ancestors to. To bless our ancestors and our future and the ancestors that will follow us in these dreaming in this dream time so, so special, so special. And the whole process was guided, you know, the moons. And of course, when.

**Rebecca** You were riding so much with the moon when you arrived would be like, I haven't got anything, but there is a full bird coming. So I'm ready to be like a city that's riding with the water as well, isn't it?

**Annabelle** And, you know, my husband was like I often would't be there. I wouldn't be there. I would be in my little cottage writing, you know, for days. It would just come in this flow. And I just had to...I Had such a supportive family that created that and held me in that space as well. And so that was a really, really beautiful thing to.

**Rebecca** Okay. So I'm going to I'm going to hold back all the other questions I want to ask, just so we don't go on for 5 hours of. I want to complete with a question that I ask everyone, which is what returns you to yourself?

**Annabelle** Well, I think probably firstly, the water in some way. Yeah, I think the water, I would have to say the water. And, you know, just today, being away at the city for a whole week and then coming home and just having to be near the water as close as I can. I couldn't actually go in it, but It was the water and just knowing that I am an enough. Yeah. just knowing that my presence makes a difference, you know, and that I am enough. YUMA is all of that, I guess. You know, yuma holds all. But so to me that's one as well. So I don't know if I've answered that

right.

**Rebecca** Beautifully Just thank you very much. Oh well it's been such a pleasure, as always, to connect with you. And I feel very blessed and happy to have been able to share this conversation with everyone listening. I really encourage anyone who feels like this conversation spoke to them to go and take a look at Annabelle's book, Future Ancestor, which is out now. I'll also include all links to Annabelle's Instagram and website and anything else we've mentioned in the episode, in the show notes on the website. So yeah, you can head over there and, and, and find the goodies as well as a link to Annabelle's book. So thank you so much. Annabelle.

**Annabelle** Thank you.

**Rebecca** Soul Inquiry is a journaling self-reflection practice where we enter into direct dialog with our inner self, which I call our soul. You can find the soul inquiry prompts and all of the show notes for this episode. Rebecca Campbell dot Me Forward slash Podcast. Today's Soul Inquiry prompt is:

How am I being called to be a positive ancestor for those yet to come?

How am I being called to be a positive ancestor for those yet to come?

How am I being called to be a positive ancestor for those yet to come?

Okay. And as always, now it is time to commit to a grounded action. So the prompt here is: what is a baby step you can take today in that direction to integrate it into your life today. What is a baby step you can take today? To really integrate what's come through.

It's been such a beautiful episode. Let's together share a breath as we close this sacred space we've stepped into. Thank you for being here with me today, as always. And thank you for returning. If you'd like to keep returning to yourself and returning here with me, then please hit subscribe. And if you'd like the show notes or even the sole inquiry from today's episode or anything that we've mentioned in today's episode, including Annabelle's book and information about her work, or even just to sign up to receive each new episode directly to your inbox. Head over to Rebecca Campbell. Me Forward slash podcast.

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